

Easy Mango Salsa

Prep time: 10 minutes

Makes: 4 Servings

Ingredients

- 1 mango (peeled and chopped)
- 1/4 cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1-2 Tablespoons)

Directions

1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Iowa Department of Public Health. Iowa Nutrition Network.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	40	
Total Fat	0 g	0%
Protein	0 g	
Carbohydrates	11 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	2 mg	0%

MyPlate Food Groups

Fruits	1/4 cup
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